

Fire Black January 16 Practice

I have a wicked head cold so Jim planned and ran this practice. Emily was there as well as our goalie coach Kaylin.

TUESDAY JAN - 16 PRACTICE.

Here is my thought for Tuesday:

- 5 - 3 puck game to warm up
- 10 - Team Canada flow drill
- 10 - Vegas Golden Knights quick touch 2v1s
- 10 - full ice 2 v 1 transition game
(25 mins of goalie instruction time)
- 5 - defensive skating
- 10 - PK walkthrough
- 10 - PP vs PK in one end
- 12 - full ice PP game (alternating 2:00 Black PP then Gold, then Black etc.)
- 10 - around the circle drop pass 2 on 0 with one timers/quick release, then pass off the pad (focus on staying onside)
- 8 - shootout (shoot til you score relay)